

Clinical Trial Protocol

Iranian Registry of Clinical Trials

07 Jul 2026

The effect of 8 weeks of aerobic training and the consumption of alcoholic extract of nettle on apelin and pelasma CRP levels in overweight and obese women

Protocol summary

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Summary

Objective: the effect of 8 weeks of aerobic training and the consumption of alcoholic extract of nettle on apelin and plasma CRP levels in overweight and obese women study design: Randomized sealed envelope; single-blind (Participants); placebo-controlled; single-cente. Inclusion criteria: female gender; age; no history of heart disease; arthritis; do not use other herbal medicines. Exclusion criteria: use of herbal medicines except nettle; pregnancy; breastfeeding; risk of other seroud diseases. Sample size of 48 patients in 4 groups. Outcomes: cardiovascular risk factors associated with obesity and weight loss with exercise and use of nettle extract.

Recruitment status

Recruitment complete

Funding source

Investigator

Expected recruitment start date

2015-12-01, 1394/09/10

Expected recruitment end date

2015-12-06, 1394/09/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015100824424N1**

Registration date: **2016-05-03, 1395/02/14**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-05-03, 1395/02/14

Registrant information

Name

Mitra Madadi Jaberi

Name of organization / entity

Sistan and Baluchestan

Country

Iran (Islamic Republic of)

Phone

+98 71 3831 4780

Email address

Scientific title

The effect of 8 weeks of aerobic training and the consumption of alcoholic extract of nettle on apelin and pelasma CRP levels in overweight and obese women

Public title

The Effect Of Exercise And Extract Nettle On Obesity

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: female gender; age; lack of any history of cardiovascular disease, arthritis and ...; do not use other herbal medicines. Exclusion criteria: use of herbal medicines except nettle; pregnancy; breastfeeding; risk of diseases.

Age

From **25 years** old to **45 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 48

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of the University of Medical Sciences of zahedan

Street address

Zahedan Persian Gulf Boulevard, healthcare Zahedan University of Medical Sciences

City

Zahedan

Postal code

Approval date

2016-02-21, 1394/12/02

Ethics committee reference number

ir.zaums.rec.1394.418

Health conditions studied

1

Description of health condition studied

Obesity and overweight

ICD-10 code

E66.0, E66

ICD-10 code description

Obesity due to excess calories; Morbid obesity; Simple obesity NOS

Primary outcomes

1

Description

Apelin

Timepoint

Before the intervention. Immediately after the intervention

Method of measurement

Kate Apelin

2

Description

CRP

Timepoint

Before the intervention. Immediately after the intervention

Method of measurement

Kate CRP

Secondary outcomes

1

Description

Blood pressure

Timepoint

The beginning of training, immediately after training

Method of measurement

Manometers

2

Description

Heart rate

Timepoint

The beginning of training, immediately after training

Method of measurement

thermometers Polar heart rate

3

Description

Weight

Timepoint

14 hours before the start of practice and 24 hours after 8 weeks

Method of measurement

Balance

4

Description

BMI

Timepoint

The beginning of training, immediately after training

Method of measurement

Weight / height to the power of 2.

Intervention groups

1

Description

Intervention group 1 : Aerobic + Extract

Category

Treatment - Drugs

2

Description

Control group 1 : Aerobic + placebo supplement.

Category

Treatment - Drugs

3

Description

Placebo that is a combination of medication and water-color 100 mg three times a day is used. Resistance training 30 to 40 minutes

Category

Treatment - Drugs

4

Description

Control group: placebo supplement.

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Olympic Village city of Zahedan

Full name of responsible person

Street address

City

Zahedan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

University of Sistan and Baluchestan

Full name of responsible person

Dr. Mohammad Kordi Tamandani, Research Department

Street address

Zahedan, Sistan and Baluchestan University

City

Zahedan

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

University of Sistan and Baluchestan

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

empty

Person responsible for general inquiries

Contact

Name of organization / entity

Zahedan University of Medical Sciences

Full name of responsible person

Mansour Karajibani

Position

PhD

Other areas of specialty/work

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty